

**QC**

**READ MY BOOK:**

A tale of rebellion in a rock 'n' roll coming-of-age story **P. 2**

**FASHION:**

An outerwear skirt to keep the winter chills away **P. 9**

**SHARP EATS:**

Regina Food Bank distributes goods to all of Sask **P. 22**

# ONE FOR THE AGES

AT 81, TED ROWAN HAS SET 15 RECORDS IN TRACK AND FIELD **P. 5**

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# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

#MICHAEL CUTHBERTSON

## A rock 'n' roll coming-of-age story

Three years ago, after some failed romances with a few girls in Saskatoon, I ventured into the wilderness of Nelson, BC to live a simple nature and try straightening some things out in my mind. Upon returning home from this stint of homelessness, I went back to another lonely life in Saskatoon, working menial jobs, job hopping for women, and indulging in drinks and cigarettes.

Shortly after this period of my life I realized all the drama that happened to me in recent months associated with what looked, in my mind, like a very new and gripping coming-of-age story that I had not read anything similar to before. So I spent the next three years writing and scribbling up my debut novel, *Saskatoon Girls*, a fictional story inspired by my own misadventures



in young adulthood.

*Saskatoon Girls* begins when Julie Patterson, a 16-year-old student and awkward student, who is kicked out of her parents' house for smoking pot. He finds himself "seriously thrown into the world of paying rent and managing messy romantic relationships (and one for too wild for his adolescent young mind to properly deal with).

The novel, along with my own life at age 25, was deeply influenced by the strongly established and tenets of American literary figures like Charles McCandless (the subject of *Into the Wild*) and Jack Kerouac, as well as Charles Bukowski, *SH!T*, *Come*, and more specifically *Saskatoon*, is at the heart of *Saskatoon Girls* with the city's laidback geography in front and community and social issues

strongly conservative against all playing central roles in the novel.

My novel is a tale of rebel love, from excitement to sex, city and is a story that I hope other hipsters, punks and non-conformists of all ages will find entertaining and reliable. More broadly it is a story that details the typical thoughts of a fiery young adult: misadventures, judgemental and skeptical, and that is something which I can feel most readers will find great pleasure in reading.

*Saskatoon Girls* can be purchased at *McMilly Anderson* in Saskatoon and online at *www.thewordpress.com*. The novel is also available for Kindle.

NEW NOVEL FROM  
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# INDEX

## # FASHION PG. 9



A handmade knit and outdoorwear winter style: Heidi Pardo. Photo: Kristin K. Kline

## # TABLE OF CONTENTS

### READ MY BOOK — 2

Saskatoon Girls: a coming-of-age tale of rebellion

### ON THE COVER — 5

Ted Rowan is fit and lively and 15 records in track and field

### FASHION — 9

A pretty outdoorwear skirt keeps the winter chills away

### IN THE CITY — 10

A moment in time: Photographer Brian Schlosser's shot that defines the week

### ASK ELLE — 11

### GARDENING — 12

The hidden splendours of the winter garden

### CROSSWORDS/SUDOKU — 15

### EVENTS — 16

What you need to know to plan your week  
Send ratings to: qc@leaderpost.com

### RECIPES — 20

### OUTSIDE THE LINES — 21

A weekly colouring option for kids of all ages by artist Stephanie McKay

### SHARP EATS — 22

Regina Food Bank distributes products to all of Sask

### WINE WORLD — 23

Grain berries with a glass of Bicolette

## # ON THE COVER P. 5



A former boxer, Ted Rowan, 31, began competing in track and field 11 years ago and has set a number of Canadian records. Photo by Michelle Berg

### QC COVER PHOTO BY MICHELLE BERG

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**Entrepreneur Aimee Schulhauser traded in a career in geology for one in the kitchen**

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# ON THE COVER

Those days, among kids, there was honour. —

Ted Rowan

## # MASTERS ATHLETICS

### At 81, still on the fast track



Ted Rowan practices long jump at the Riedel House in Saskatoon, competes in the Saskatchewan Provincial and Canadian. He took up track and field at 70 and has set and 15 records ago. Photo by Lisa G. Hillier

By Sean Tremblay

The day he turned 70, Ted Rowan took up track and field.

It was July 25, 2005. Rowan had heard about masters athletics and thought he might be interested.

It didn't go very well.

"I went out to the park and men were out 150 metres. I ran as fast as I could and immediately pulled a quad muscle. I was on the shelf about three weeks," he remembers laughing.

He could have quit. Instead he

dropped in and launched a career that now has his name in the Canadian record books 15 times. He competes in the multi-event competitions pentathlon, heptathlon decathlon. He has to train in all facets of athletics.

Decades ago, Rowan was a successful seminar leader. Now 81, he has no plan to slow down. He arranges his year around competitions, with trips to Wisconsin, St. Catharines and Lynn, France on the agenda.

In Saskatchewan races, most of

the field is much younger. But Rowan loves competing in the masters events, half of others like him who don't let their year at birth define their activity level.

"I feel very comfortable at the national and international competitions full of people my own age," he says.

Rowan grew up in Carleton Place, just east of Pelee Island. It had a population of 30 in the 1860s, one of the small townships backed out of the bush by pioneers

like Rowan's father, a veteran of the First World War.

Rowan had to attend boarding high school in Carleton Place.

"It was a good deal," he says. There were more girls than boys.

Rowan says he wasn't really a scrapper but some things were figured out with fists.

"You grew up on a country school, sometimes you went behind the barn or something like that," he says.

"Those days, among kids, there was honour. You drew a line on the

ground, and you went until the guy said he had enough."

In Carleton Place, he met Jver Deloitte, a provincial light heavyweight boxing champion. Deloitte took Rowan under his wing. They would train in livery barns, punching bags of sets. Rowan says Deloitte was a father figure to him.

Boxing was a bigger deal back then, Rowan says. They would train at the Regatta or Yacht Club or Weyburn, and fight locals on a mixed ring surrounded by spectators.

Continued on Page 6

I feel very comfortable at the national and international competitions full of yahoos my own age.  
—Rowan



A framed photo of former boxing champ Ted Rowan when he was 19 is on the wall in his basement, which also covers his trophies, medals and certificates for the sports he's broken up with. **BY MICHELLE DEER**

Rowan was always a small guy. He fought at 135 pounds but weighed around 110. He would often lose to those men who were bigger because that's all there were. He would play it slow for the first few rounds, waiting for a signal. Then, acting as Rowan's corner would slap the ground, and Rowan would explode on his opponent with a flurry of fists.

He boxed from ages 14 to 20. He says he lost "about 80" fights. He knows for sure he only lost twice.

By 21, Rowan was living in Saskatoon, studying at the University of Saskatchewan to be an accountant. Getting invited to try out for the Canadian Olympic team headed to the 1960 games in Australia was a turning point. Rowan wanted to compete, but

had to think about the other things in his life.

"I was already working and starting to drink, and thinking about getting married, so at that time I packed it in," he says.

From then on, he focused on his career and his family. As his children and grandchildren grew, he helped out with their budding sports careers,

driving them to practice and helping them train. It wasn't until decades later that he found himself in the starting blocks.

It was slow going to begin with. Even after the initial qualifying experience at the park, he was finding too hard for his body. When the time came to start competing, he was nervous. "Please be signed up for events

and pulled out at the last minute

Finally, he made his way to Edmonton for a meet. He was to compete in the 60 and 100 metre dashes. He was very worked up, and warmed up too intensely, he says, but his first race was a success. He ran well in his first 60, qualifying for the final the next day. The problem was, the race had taken it out of him.

I'm 11 or 12 years older than him, and he's faster than me in the short stuff.

—Roland Delormeau



Roller skater's small frame contributes to his speed on the track, even at 81 kg (180 lb) or so, he said.

"We got back to the hotel that night and I couldn't walk. I told my wife we were going home," he says.

"After that, I started being reasonable to how I approached it."

Bowen's basement is like a miniature sports hall of fame. Every wall is covered in framed photos: portraits, medals and certificates commemorating his accomplishments and those of

his family and sports heroes.

He names three idols: the boxer Rocky Marciano, legendary for his toughness, the hockey player Max Bentley who played a Swedish, small boy can compete at the highest level, and Bob Adams, the small-town track athlete who represented Canada in the Olympics and whose name is synonymous with the sport in this province.

Continued on Page B



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To watch him compete is a show in itself. I think a bomb could drop behind him and he wouldn't know it was there  
—Margaret Tosh



Peter Bosman shown here in his miniature sports hall of fame basement, is a passionate competitor who vividly remembers the losses despite his massive success. GO PHOTO BY MICHELLE KING

The space is also Bosman's personal gym. There's a treadmill and some workout equipment. The shade of the room, with two retractable glass doors attached to the wall, provide the perfect space for Bosman to practice his high jumping. He sits a mat up and looks the dream focus on the wall looking down.

He does a lot of training on his own. In the past decade, he has learned to adapt techniques to fit the weakness of an 80-year-old body. He can't bend as far back as a young high jumper for instance.

What he does have is speed.

"I found I had one gift: besides being stupid," he jokes. "I hadn't lost my coordination. It was ridiculous."

He attributes it to his smaller frame. Bigger athletes carry as much more weight through the years.

"If I was running as a 30 or 40-year-old, I would have been at the bottom of the pack. But 10 years go on, the good guys are coming down, and I'm more on a straight line," he says, using his hands to demonstrate interesting lines on a graph.

Rafael DeBosman is a friend and travelling partner of Bosman's. They often go together to the north. Bosman's speed was the first thing DeBosman noticed.

"I'm 31 or 32 years older than him, and he's slower than me in the

short stuff," DeBosman says.

Bosman's super body strength is also good, keeping him competitive in the throwing events. He credits the long hours spent punching out bags with a youth.

Perhaps as important as his body is his competitive passion. Bosman remembers his losses vividly. As he runs through his career accomplishments, there's a sense of frustration at the ones that get away, despite his massive moments.

"I'm hard on myself," he says.

He uses the Internet to track other masters athletes. He knows who he might face at events in Lyon, what countries they are from and which events they excel at.

Bosman's competitive spirit shows itself in how he competes.

Laterals is probably the best word," says Margaret Tosh, north or south holding, masters athlete from Saskatchewan.

"To watch him compete is a show in itself. I think a bomb could drop behind him and he wouldn't know it was there. He's so into what he's doing," she says.

Tosh says Bosman's achievements are amazing.

"I don't know how he gets the energy to do what he does. To do 10 events," she says.

"I have seen him run the 1,500 metres at the end of the decathlon and you just think he's going to stop

down and die, but he keeps going."

Despite his intensity on most days, Bosman's demeanor off the track is very different. DeBosman describes him as "low key."

Tosh actually competed for Canada in the Olympics but Bosman had to decline the invitation for something they like to talk about, she says.

Like her husband and everyone else around the competition have a very high opinion of Bosman, both for his accomplishments and personality.

"He's a delight to everybody. We all just think the world of him."

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# FASHION

What's your favourite winter look?  
Send a note to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # SASKATCHEWAN FASHION

### An outerwear skirt to keep the winter chills away

By Jenn Sharp

Winter failed everyone this year, spilling in with baby frosts for most of December and January. It's been so nice (until February) that it was almost easy to forget about needing really warm clothes.

Paola Chiste wears all places staying warm in the coldest months. She dresses in layers for her 36-minute walk to work at the University of Saskatchewan, and says the key piece of her winter wardrobe is a wool skirt. So warm is the skirt that she bought one for her daughter, Lena Veeman, too.

The outerwear skirt wool is hard so it doesn't stick to pants. It's designed and manufactured in Saskatoon.

Designer Elizabeth Stock says lots of men have asked her to make something for them, and while she hasn't figured out what might work yet, one man has purchased a skirt to keep himself warm.

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## TODAY'S OUTFITS

### LENA VEEMAN (DAUGHTER)

- HAT:** Made by her grandma
- JACKET:** The Gap
- MITT:** The Brickstock Centre (made Broadway Shoe Repair in Saskatoon)
- WINTER SKIRT:** I got from Donmart. It has a velvet waist. It's a wrap-style skirt so you can't get it on easily and over top of your pants," says Chiste.

### PAOLA CHISTE (MOM)

- HAT:** "The wool is from a farm outside of Aberdeen and was crocheted by my aunt."
- JACKET:** Guster Lunds
- GLOVES:** J Crew
- WINTER SKIRT:** I got from Donmart. "I walk to work every day, and even though I have a really good parka, I still notice a difference if I don't wear the skirt. It keeps me really warm, it's fashionable and easy to put on. I've tried the long underwear — it's a pain to take off at work and if you keep it on you're super hot. This looks nice, too. I get compliments all the time."
- BOOTS:** Donmart.



# IN THE CITY

# FEBRUARY 12, 2015 — 11:52 P.M.

## Political platform



A worker stands on a platform outside the commonsense of the Saskatchewan Legislative building which is undergoing renovation work. QC PHOTO BY BRIAN SOLICITE

## # ASK ELLIE

# Let your ex-husband know if he hurts your daughter

**Q:** My ex-husband's re-married and his wife doesn't like our daughter, who's 14. She stays almost silent when they're all together, or doesn't join them when he takes our daughter out.

He's not seeing our child as regularly as before.

I've heard from mutual friends that she's trying to get pregnant. If true she'd push my daughter right out of their life if she were successful.

Can an ex-wife re-book a father-daughter relationship?

**Kids Come First**

**A:** Unfortunately, it's not likely that she'll let her husband take direction from you.

But he should be made aware of how his behaviour is affecting his daughter. Let him know if she's hurt or missing him, next time he picks her up so he can then talk to her on his own.

Don't cross what may happen if he has another child, or you'll have gone too far and lose the chance to help your daughter.

Keep it simple. She loves him and needs his support in her. It's crucial to her growing up with confidence in herself and in her relationship with all males.

**Q:** I'd like to improve my relationship with my mother. I'm female, 16, in a good relationship, but she's worried that I'm with the wrong men, and I don't know if I'll get late for me to have a family with someone new.

I'm happy with this guy and I'm not in a panic, but my biological clock.

I asked her to back off and she was devastated. Now she won't let me tell her because she "can't trust that I'll be honest" if she gets me in a bad mood.

**Mommy Dearest**

**A:** You can't keep your mother from worrying about you, but you CAN change your reaction. Mothers worry, accept that.

You also can't change her long-held opinions — e.g. the need for your starting a family soon — but you CAN change your response.

Try: "Thanks Mom, I know you mean well, I'll talk to my doctor about it."

You may not change her perceptions, but sometimes mothers do have greater experience and wisdom.

Ask her specifically what worries her about this man. Say you'll look at that side of him more closely. Mean it.

If you still love and trust him, reassure her about why and change the topic.

**Q:** My wife and I are in the process of divorcing. It's strongly affected our son, age 10, who's acting out and angry all the time. I know the marriage is gone but we need to be able to have a relationship for post-divorce parenting.

But she won't go to counselling with me because she thinks I want to forget the marriage going again.

**Stalled**

**A:** Your son's the same, so the counselling that you all need to do with a specialist in children's issues around family breakup.

Once you focus on your son's needs — soon — you'll see that the counselling's necessary to help him with school and socialising, as well as with you two.

You'll both learn that his anger and acting out are fairly normal under the circumstances, and that your "joint" parenting job is to help him manage his emotions and not lose control where it'll get him into serious trouble.

When you talk about the two of you having counselling, you raise her suspicion that it's about re-connecting.

In this case, it's not. And you, also, need to truly accept that.

**Q:** My best friend's a huge attention seeker. She's fun to be with on her own, and has a good heart, but if you're sick or in trouble, she's there for you.

But out in public, she takes over every scene. She talks incessantly, acts like she knows everything being discussed (even makes things up) and doesn't give anyone else a chance in the conversation. After being out with her, I sometimes never want to see her again!

**Enough**

**A:** Weigh the options: if you drop her, will you lose someone who's most caring about you? Or is her attention seeking intolerable?

Cut down on going out with friends together, but stay in touch through email and phone calls.

Since she supports you, that deserves some support back. Think a private treat to tell her — best after an outing together — that she dominated the point of excluding anyone else.

The added message from getting together time should help her see the light.

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# GARDENING

# SEASONAL GARDEN

## The hidden splendours of the winter garden

By Erl Svendsen

People seldom think of the winter landscape beyond the moon, bare frost-tipped and cold. But there's much in the plant world to appreciate at this time of year. It was a friend of mine, Mac, who reminded me of this.

"We often buy plants for their summer leaf or flower appearance but that can only be appreciated seven months of the year at most," she said.

She included a newspaper clipping from her local newspaper about how tree and shrub bark adds a new dimension to your garden.

From my time on the West Coast, I remember the evergreen arbutus tree (*Arbutus menziesii*) with their year-round coppery-tinged bark. On the Prairies, we have some show stoppers of our own, like the *Amar cheuchedy* (*Prunus amygdalo*). In early spring, it is covered in fragrant creamy white blossoms and in the fall it attracts birds with its small black cherries. But throughout the year, it has bright coppery bark. Then there's the white bark (*Ulmus papyrifera*) with its white bark.

While most other trees have brown or grey bark, they all have interesting textures like furrows that form a diamond-patterned lattice over the trunk, smooth silvery or grey bark, knots and deep grooves. A seldom-planted, hard-to-find but hardy tree, the *Amar cheuchedy* (*Philadelphus canadensis*) has soft, corky, waxy silver bark. Take a look on the south side of a mature tree and you may discover a colorful network of lichens and moss.

Interesting bark is not just limited to deciduous trees. As I child, I would make my way under the canopy of pines (*Pinus* spp.) and peel off the surface bark chips to reveal the silvery-brown of silver-barked bark. Jack and Scott pine (*Pinus strobus* and *P. resinosa*) are naturally fire-adapted and easily shed their bark chips.



There's much to appreciate in the plant world at this time of year. We often enter forests. PHOTO COURTESY MATT BLUMBERG



## #OSCAR-WORTHY SPREAD

## 10 simple tricks for an Academy-style event



This healthy dip is a cinch to prepare. PHOTO BY HELEN THE ASSOCIATED PRESS

The problem with hosting an Oscars-viewing party is that the bar is set impossibly high. How do you serve a more casual (and less expensive) party with all that gourmet glamour and pizzazz?

Actually, it's pretty easy. Start by reminding yourself that when the buzzer goes, goons and professional primpers, most celebrities don't look as fit as they do differently than the rest of us. At the least we can tell ourselves that. Plus, setting out an Oscar-worthy spread isn't all that hard, particularly if you keep it simple.

Here's what you do. Head to the grocery and grab a bunch of herbs — basil, parsley, fennel, etc. — maybe a couple small jars of sun-dried tomatoes. Now head to the dairy aisle and get a few bags of soft goat cheese and a couple tubs of ricotta cheese. We've got five deliciously easy ideas for dressing those cheeses. All you have to do is stir, sprinkle and set them out.

But make sure you follow the advice to let the cheese come to room temperature. First. Most foods — and particularly cheeses — taste better closer to room temperature.

And since you'll need to toast the victims, we're also assembled five easy ways to turn the ole sparkling wine into glossy cocktails.

First, the food.

**Jump up a tub of ricotta or a bag of soft goat cheese using one of the following five topping ideas. Then serve with crackers, toasted baguette slices, pita chips or croutons.**

**RICOTTA OR GOAT CHEESE**

**Start** with 1 cup of ricotta or a 4-oz. bag of soft goat cheese (capposino). Sprinkle or drizzle the cheese on a platter and let it come to room temperature. Top with one of the following:

**Herb:** Drizzle the cheese with 2 tbsp. extra-virgin olive oil. Top with 3 tbsp. of any combination of the following: chopped or torn fresh herbs — basil, tarragon, thyme, chives or parsley. Sprinkle with coarse salt and freshly ground black pepper.

**Sesame-garlic honey:** In a small skillet, combine 2 cloves minced garlic and 3 tbsp. honey with a pinch of red pepper flakes. Cook over medium heat for 3 to 5 minutes. Stir in 1 tbsp. toasted sesame oil, then drizzle over the cheese. Sprinkle with toasted sesame seeds.

**Fig and almond:** Heat 1/4 cup fig preserves with 1 tbsp. extra-virgin olive oil in a pot over medium heat for 5 minutes, then sprinkle with toasted chopped almonds.

**Olives:** Top with 1/4 cup finely chopped green olives, 1 tbsp. finely chopped fresh rosemary, the pitted seed of 1 olive and a drizzle of olive oil and balsamic glaze.

**Prosciutto:** Tear apart and dice a piece. Cook the diced pork with 1 tbsp. butter in a skillet until just tender. Spoon over the cheese. Cook 2 slices of prosciutto in the same skillet until crisp. Break into shards and sprinkle over the cheese. Season with black pepper.

And you can't have an Oscars-viewing party without a bit of sparkling wine. So here are five ideas for taking basic bubbles and making them Oscar-worthy.

**WORTHY**

**Shade:** Lightly crush a strip of lime and add 2 fresh mint leaves to the bottom of a glass with 1/2 tsp. sugar. Add 1/2 tsp. lime juice, then top with sparkling wine.

**Crushed:** Add an orange twist, 2 lightly crushed raspberries and 1/2 oz. orange liqueur to a glass of sparkling wine.

**Ruby:** Gently stir in 1/2 oz. red grapefruit juice and 1/2 ounce pomegranate juice.

**Rhubarb:** Add 1 oz. Rhubarb Tea. Sprinkle a couple shavings of rhubarb berries to a glass of sparkling wine.

**Honey-lavender:** Stir together 1/2 tsp. honey and 1 oz. lavender until completely dissolved. Add 1/2 tsp. Agave and an orange twist. Top with sparkling wine.

—Adam Laskewitz, The Associated Press

## GOVERNMENT OF SASKATCHEWAN PROCLAIMS APPROVED PRIVATE SERVICE HOME WEEK FEBRUARY 15-21, 2015

"Approved Home Providers and their families provide supported accommodations for residents with cognitive, mental health or physical disabilities. Setting the dates for Approved Private Service Home Week around Family Day reinforces that home providers and their family members care for their residents enabling them to reside in home-like settings in communities as long as they are able."

The support Saskatchewan Approved Private Homes Inc. (SAPH) provides to both individual home providers and to government in meeting the needs of vulnerable Saskatchewan citizens is deeply appreciated. We are happy to recognize the work of SAPH and Approved Home Providers across the province through this proclamation."

Sincerely,

Dustin Duncan,  
Minister of Health

Donna Harpauer,  
Minister of Social Services

"Saskatchewan Approved Private Homes Inc. is honoured that the government of Saskatchewan is celebrating the contribution Approved Private Service Home providers and their families have made in the lives of many of Saskatchewan's most vulnerable citizens. SAPH Inc. thanks all of our families, neighbours, the government and our community partners for working together to provide high quality, affordable supported accommodation to those in need. Including all of the residents of our province as valuable, contributing citizens builds healthier, stronger communities for all," says Iris Miller Dennis, Executive Director SAPH Inc.



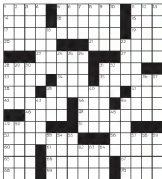
"Providing Family Homes for People  
with disabilities"

## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

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 19 Down for  
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 23 "Alibi" author  
 27 Tends to be anxious  
 28 At the first, as a credit  
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# JANNIG  
CLASSIC  
SUDOKU

## Level 10 Star

Fill in the blank cells  
 using numbers 1 to 9.  
 Each number can appear  
 only once in each  
 row, column and 3x3  
 block. Use logic and  
 process of elimination  
 to solve the puzzle.



Solution to the  
 crossword puzzle and  
 the Sudoku can be  
 found on Page 23

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## EVENTS

## # MUSIC

Wednesday, Feb. 16

**Wednesday Night Folk:** Mary Isabella Songwriters Circle  
Saskatoon, 2206 Dewdney

**The Alley Owls**  
Lafayette Tavern,  
2330 Ashcroft St.

**Firestorm, Hearts & Krivens,  
Georgia Lalonde**  
McNally's, 2226 Dewdney Ave.

**John Anderson**  
Casino Regina Show Lounge  
1610 Saskatchewan Dr.

Thursday, Feb. 17

**Live music:**  
Fat Badger, 1652 Scarth St.

**Queen City Rocks**  
The Wolf battle of the bands  
The Exchange,  
2421 Eighth Ave.

**Blake Berglund, Quinton Blake**  
The Pump, 641 Victoria Ave E

Friday, Feb. 18

**Open Jam**  
6-11 p.m. Caspeler Community  
Centre, 605 6th Ave.

**Weekly Down Circle**  
Instruments provided  
7:30-9 p.m., The Living Spirit  
Centre, 3011 Owen Dr.  
Call Mike, 305-550-3911

**Karaoke**  
8 p.m., Hampton Club,  
1925 McKim St.

**Blake Berglund, Quinton Blake**  
The Pump, 641 Victoria Ave E

**Analy Shaw, Marlene Deanna**  
The Artisan, 2627 13th Ave.

**Dustin Anzil, Blake River,  
Ride Th' Downs**  
The German Club  
1127 St. John St.

**Ash Grunwald, Deshaun  
O'Hanlon**, 7947 South St.

**Alex Runtjes**  
Edorado, 2305 Dewdney Ave.

**Weekend Metal Battle**  
Featuring: Pleasant Effects,  
Vatsek, Musstrom Vale,  
Endless Chase  
The Exchange,  
2421 Eighth Ave.

**Steve Bell**  
7:30 p.m. Holy Child Parish,  
2636 7th Ave. S.

**Col Harle**  
Artful Dodger, 1631 11th Ave.

**Steve Motion Walter**  
McNally's, 2226 Dewdney Ave.

Saturday, Feb. 19

**Open Acoustic Jam**  
3:30-5 p.m. Broadway's  
Lounge, 1307 Broadway Ave.

**Little Symphony for Winds**  
Regina Symphony Orchestra  
8 p.m. Government House  
6507 Dewdney Ave.

**Davidson's 5. Full North**  
The Lakeside,  
4029 Gordon Rd.

**Steve Motion Walter**  
McNally's, 2226 Dewdney Ave.

**Alex Runtjes**  
Edorado, 2305 Dewdney Ave.

**Big Sco**  
The Pump, 641 Victoria Ave E.

**Big Mudly**  
Broadway's Lounge,  
1307 Broadway Ave.

**Dustin Anzil, Rick Reid,  
Hemlock Wickets**  
Artful Dodger, 1631 11th Ave.

**Behind the Gorge**  
with Jason Plumb,  
Karlson Simple  
and Poor Huckleberry Boy  
7:30 p.m. Creative City Centre  
1643 Hurdell St.



The Downs releases their sophomore record at O'Hanlon's on Feb. 24. PHOTO COURTESY VISUAL ARTS

**Random, Feb. 22**

**Open Jam**  
Every Sunday 3-6 p.m.  
Mojo Club, 609 Victoria Ave.

**Little Symphony for Winds**  
Regina Symphony Orchestra  
3:30 p.m. Government House  
6507 Dewdney Ave.

**The Basement Paintings,  
Beautiful UFO,  
Pulsewidth**  
The Club at the Exchange  
2421 Eighth Ave.

Monday, Feb. 23

**Monday Night Jazz & Blues:**  
Knox Chambers and the  
Third Alarm  
Regina Mid-Winter Blues  
Festival  
Rushwaker, 2206 Dewdney

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## Karaoke

McNally's, 2226 Dewdney  
Ave.

## The Blues

O'Hanlon's, 7947 South St.

**Mill Street Blues**  
Regina Mid-Winter Blues  
Festival  
The Lakeside,  
4029 Gordon Rd.

## # VISUAL ART

**Intimate Details in Textures**  
A selection of 18 framed  
prints on archival water-  
colour photographic paper  
through the camera lens,  
the artists have probed and  
explored textual elements in  
the everyday world to  
illuminate, entice, tease, excite  
and compel us to see beyond  
that which is in front of us  
and to experience a powerful  
visual impression and exam-  
ine most deeply the notion of  
sensuality.

Reception: Feb. 20, 7:00 p.m.  
Until March 21. Artful Dodger,  
1631 11th Ave.

**Sandra Kruze: It's All About  
Saskatchewan**  
Saskatchewan landscapes  
in vivid colour and dynamic  
lines. Energetic patterns cap-  
ture a sense of motion that is  
evocative of her experience  
of life on the prairie.  
Until Feb. 23. Hague Gallery,  
Creative City Centre, 1643  
Hurdell St.

**Hobbies in Plain Sight**  
A visual conversation be-  
tween two artists, Kim Kitts  
and Anne McNally, who share  
a sensibility and an appre-  
ciation for the ephemeral.  
The show includes 60 small  
printings and mixed media  
works.

Until March 4.  
Art Gallery of Regina, Neil  
Saskatchewan Arts Centre,  
2620 Bighorn Ave. S.

**Karaoke**  
Featuring: praised Eve Egan,  
7:30 p.m. Duke Hall, U of R  
College Avenue campus

**Open Mic**  
Artful Dodger, 1631 11th Ave.

Tuesday, Feb. 24

**Folklore**  
Featuring: praised Eve Egan,  
7:30 p.m. Duke Hall, U of R  
College Avenue campus



# EVENTS

**Undergrowth**  
**Brendan Sukk**  
 Intricate organic patterns  
 influenced by nature's crea-  
 tions delicately rendered in  
 acrylics.  
 Until March 22, Skate Time Art  
 Gallery, 2018 Halifax St.

**Landscape and Sky, People**  
**and Place: Contemporary**  
**Canadian Fine Art**  
 The Artists of Scott Nicholson  
 Fine Arts  
 Until March 22, Govetts  
 House, 4697 Dwydney Ave.

**Material Girls**  
 Works by 24 female artists of  
 different ages, from a variety  
 of disciplines and cultural  
 backgrounds, using both  
 traditional and new media  
 to explore the issues with  
 bright colours and decorative  
 motifs.  
 Until April 5, Denise Cantin  
 Gallery, 2341-12th Ave.

**Parsons of Interest**  
 Is this moment public or pri-  
 vate? Should it be uncondi-  
 tioned? Is intimate or anonymous?  
 More than ever, how we see  
 ourselves is inseparable from  
 how we are being seen. Art by  
 Vancouver artist Ken Lum. Until  
 April 5  
 Macdonald Art Gallery,  
 3470 Albert St.

**Landscape and Sky/**  
**Contemporary Canadian**  
**Fine Art**  
 The Artists of Scott Nicholson  
 Fine Arts  
 Until April 30, Regine Centre  
 Gallery, 1621 Albert St.

**Acrobatic Gallery**  
 2284 Smith St.  
 Open Tuesday to Friday 10  
 a.m.-5:30 p.m., Saturday 10  
 a.m.-5 p.m.

**Melo Gallery**  
 (Formerly Mysteria) 106-  
 3200 Broad St.  
 Open Tuesday to Saturday,  
 11 a.m.-6 p.m.

**Nature's Ground**  
 8023-1536 South St.  
 Open Tuesday to Saturday,  
 11 a.m.-5 p.m.

**Neuvius Gallery**  
 2348 Albert St.  
 Open Tuesday to Saturday  
 10 a.m.-5 p.m.

**Devised Gift and the Arts**  
 201 and 144 paces by Chi-  
 nese artists Lingxiao Jiang  
 and Huayin Tian.  
 2312 Smith St. Open Monday  
 to Saturday, 10 a.m.-6 p.m.

## # COMEDY

**Comedy: Post Script**  
**with guests**  
 Feb. 19  
 Artful Dodger, 3631 8th Ave.

**The Laugh Shop**  
 Live standup every Saturday  
 night, 9:30 p.m.  
 Bermuda Hotel,  
 1516 Victoria Ave.

**Non-Jamas**  
**Perform at The Mental**  
 Feb. 24, 8 p.m.  
 Cornex Arts Centre  
 205 Lakeshore Dr.

## # PERFORMANCE

**World Lip**  
 Performing Chinese music. Until  
 Feb. 26, 7:30 a.m.  
 Creative City Centre,  
 1812 Hamilton St.

## # DANCING

**Salsa dancing**  
 Feb. 16, 8-11 p.m.  
 Creative City Centre,  
 1812 Hamilton St.

**Mimes One Club Dance**  
 Featuring Ken Sadka  
 Feb. 25, 8 p.m.-midnight  
 Regine Senior Citizens Centre,  
 2104 Winnipeg St.

**Friday Night Dancing**  
 Hosted by Adult Social Dance  
 Group—5 p.m. course includes  
 tips and coffee.



Canadian Rockies and be at the Cornex Arts Centre Feb. 24.

Every Friday, 8-10 p.m.  
 St. Mary's Anglican Church,  
 3037 15th Ave.

**Proline Dance**  
 Regine Senior Citizens Club  
 Feb. 21, 7:30-10:45 p.m.  
 Leisureline United Church Hall,  
 1050 McCollum Ave.

**Wetso Dance Party**  
 Every Sunday  
 Monthly s, 1226 Dwydney Ave.

**Old Time Dance Party**  
 Featuring music by K&J  
 Friends  
 Feb. 22, 7 p.m.  
 Casino Regine Senior Lounge  
 7050 Saskatchewan Dr.

## # SPORTS

**Special Olympics Saskatche-  
 wan Provincial Winter**  
**Games**

Wednesday, 7 p.m.  
 David Anderson Basketball, 230  
 Winnipeg St. N.

**Drop-in cardio and gym**  
 fitness event for youth aged 6  
 to 18. Thursday, 4-9 p.m.  
 Castlere Community Centre,  
 615 9th Ave.

**Drop-In Indoor Playground**  
 P.M. 9-11:45 a.m.  
 South Leisure Centre,  
 170 Sunset Dr.

**More and Ted Reed**  
**Illustrations**  
 Hosted by Kate Murray,  
 306-315-2251  
 Friday, 10-11:30 a.m. Early  
 Learning Family Centre, South  
 College, 3330 7th Ave.

**Build and Grow Clinic**  
 Build a special feature project  
 for children ages 8 and up  
 Saturday, 10 a.m.  
 Lowe's, 4555 Gordon Rd.

**Northside Kids Club**  
 Saturday, 10 a.m.-noon  
 2066 Prince of Wales Dr.

**Family Favourites Films**  
 Enjoy a favourite film for just  
 10-30  
 Saturday, 11 a.m. Galaxy Cin-  
 emas, 4120 McCarthy Blvd. N.

**Family activities**  
 Saturday and Sunday 2 p.m.  
 Saskatchewan Senior Centre,  
 2903 Powerhouse Dr.

**Family Studio Landings**  
 Sunday 2-4 p.m.  
 MacKinnon Art Gallery, 3470  
 Albert St.

**Parent and Preschooler**  
**Angie Yip**  
 Monday, 9:30-11 a.m.  
 at Ritchie Family Wellness  
 Centre, 445 14th Ave.

**Release Time for Tots**  
 Interactive workshop aimed  
 at early learners.  
 Tuesday, 9:30-10 a.m.  
 Saskatchewan Senior Centre,  
 2903 Powerhouse Dr.

**Drop-in events and gym**  
 fitness event for youth aged  
 9-18. Tuesday 4-9 p.m.  
 Castlere Community Centre,  
 615 9th Ave.

## # MUSEUMS

**Alas Youth School Museum**  
 1920 Fourth Ave.  
 Tours by appointment only  
 (306-363-3000)

**Civil Museum of Regina**  
 1375 Broad St.  
 Tuesday-Friday 10 a.m.-4 p.m.  
 Saturday noon-4 p.m. Closed  
 Sunday and Monday

**Governments House Museum**  
**& Heritage Property**  
 4807 Dwydney Ave.  
 Tuesday to Sunday,  
 9 a.m.-4 p.m.

**ICMHP Heritage Centre**  
 1927 Dwydney Ave.  
 Open 11 a.m.-5 p.m. daily

**Regina Firefighters Museum**  
 1505 Ross Ave.  
 Tours by appointment  
 (306-777-7743)

**Regina Floral Conservatory**  
 1450 6th Ave.  
 Open daily, 9-4:30 p.m.

**Royal Saskatchewan**  
**Museum**  
 364 Albert St.  
 Open 9:30 a.m.-5 p.m. daily

**Saskatchewan Military**  
**Museum**  
 1920 Elphinstone St.  
 Open Monday and Thursday,  
 7-9 p.m., by appointment  
 (306-367-3300)

**Saskatchewan Science**  
**Centre**  
 2903 Powerhouse Dr.  
 Tuesday-Friday 9 a.m.-5 p.m.  
 Saturday-Sunday and holi-  
 days noon-5 p.m.  
 Closed Mondays.

What you need to know to plan your week.  
 Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

#### Saskatoon Sports Hall of Fame

2205 Victoria Ave.  
Monday-Friday 10 a.m.-4:30 p.m. Closed weekends

#### #OTHER HAPPENINGS

##### RCMP Sergeant Major's Parade

Weddays, 12:45 p.m.  
Eschell Depot Division, 3600 13th Ave.

##### Dragons' Den open auditions

Feb. 18, 10 a.m.-5 p.m.  
Hilton Double Tree, 1975 Broad St.

##### Regalpers and Bonuses Scavenger Hunt

Home art, glitter tattoos, face painting, mini puzzle sessions, wine, food and refreshments. Free prizes from each vendor for scavenger hunt participants.  
Feb. 19, 9-9:30 a.m.  
Turney Centre, 300 Armour Rd.

##### Saskatchewan Heritage Foundation program reception

A showcase of grant recipients and an opportunity to network with the board and staff of the Saskatchewan Heritage Foundation and Heritage stakeholders.  
Feb. 19, 7-9 p.m.  
Government House  
4827 Denbigh Ave.

##### Open session life drawing

Nude model. Bring your own drawing materials. \$10 drop-in fee.  
Thursday, 7-10 p.m.  
Grand Ice City Centre, 1643 Hamilton St.

##### Drop-in community improv

Feb. 19, 7:15-8:45 p.m.  
Heritage Community Association, 100-1054 17th Ave.

##### Tobacco Nightly But Nice

Theater show  
Feb. 20, 9 p.m.-midnight  
Feb. 21, noon-midnight



Canisius Arts Centre  
200 Lakeshore Dr.

##### Heritage Saskatchewan Forum

Bazaar, trade show and entertainment by live blue fiddlers and General Fools.  
Feb. 20, 5-11 p.m. Delta Hotel, 1918 Saskatchewan Dr.

##### Stamp Show and Sale

Stamps, coins and memorabilia. Presented by the Regina Philatelic Club

Feb. 21, 10 a.m.-6 p.m.  
Feb. 22, 10 a.m.-6 p.m.  
Regina Senior Citizens' Centre, 2934 Winnipeg St.

##### Heritage Language Day

Cultural performances and free food in celebration of heritage languages.  
Feb. 23, 1-3 p.m.  
Balfour Collegiate, 1845 College Ave.

##### Old-Fashioned Beaver

Prizes, raffles, bingo, fish pond, face painting, concert

tion. Free admission.  
Feb. 22, noon-6 p.m.  
Our Lady of Peace, 425 Broad St. N.

##### Yes Time with Regine del Guidice

Feb. 22, 1-3 p.m.  
Holy Child Roman Catholic Church, 2636 7th Ave. E.

##### Birds A tale open house

Feb. 22, 1-4 p.m.  
Queensboro Centre, Evans Place

##### Ontoporelle Canada support group meeting

Feb. 23, 1:30-3:30 p.m.  
Regine Shepler office, 99C Glenbrook St.

##### Traditional Knowledge Sharing

The end of the week with elders Henry Francis, George Fenei and Mitchell Ugeagale. Part of Aboriginal Storytellers Festival.  
Feb. 23, 1:30-3:30 p.m. Westcote Rehab, 2190 23rd Ave.

##### Money Monday

How to set financial goals that get results, presented by Bruce Q. Thompson. A free information session.  
Feb. 23, 1-4 p.m.  
Crestwood Neighbourhood Centre, 2903 13th Ave.

##### ShewDay Challenge

Join in pathing of board game enthusiasts every Tuesday, 8 a.m.-midnight.  
Boston Plaza, 565 Albert St. W.



# RECIPES

## # SALMON AND GREENS

### A potent pick-me-up meal for winter

This sumptuous meal could be just the thing to help lift you out of the winter doldrums. It is feel-good food on multiple levels.

First, you'll be comforted by how easy and fast it is to prepare, taking roughly a half hour to get on the table. Second, the taste of the richly satisfying salmon and heavy greens baked in an aromatically spiced tomato sauce will perk you up with one forkful. Third, once you have enjoyed your meal, this dish could continue to uplift you, internally, because the ingredients in it are top sources of several mood-boosting nutrients.

Salmon ranks high on the list of nutrient-rich and spirit-lifting foods, thanks to its wealth of omega-3 fat, vitamin D and protein. Kale also has omega-3s as well as many B vitamins that are linked with mood.

To try this recipe for its wonderful taste, but you can also take pleasure in knowing it's serving you an extra hug this time.

#### Baked Salmon and Kale in Moroccan-Spiced Tomato Sauce

4 servings

Make ahead: The components can be assembled and refrigerated, tightly covered with aluminum foil, up to one day in advance. To bake straight from the refrigerator, add five to 10 minutes to the cook time.

#### INGREDIENTS:

1 tbsp olive oil  
4 skinless, gutted salmon fillets  
1 1/2 to 2 cups, as assembled dried tomatoes with olive juice  
12 to 15 oz. canned, no salt-added tomato sauce  
3/4 tsp ground cumin  
3/4 tsp kosher salt  
1/2 tsp freshly ground black pepper  
1/2 tsp ground ginger  
1/2 tsp ground coriander  
1/2 tsp ground cinnamon  
1/2 tsp crushed red pepper flakes  
1 bunch kale, rough outer stems removed and discarded, leaves chopped (about 4 cups)



Baked salmon and kale in Moroccan-spiced tomato sauce. 6 cups to make. Sals and packed with mood-boosting nutrients. PHOTO BY JEFF LUNDEN FOR THE WASHINGTON POST

**4. Bake entire cut skinless salmon fillets.**

#### METHOD

**Preheat oven to 350 F (175 C).** Here, a 9-by-15-in. (22.5-by-38-cm) baking dish is used.

**Wash and.** Wash the kale in a large skillet over medium-low heat.

**Add ingredients.** Stir in the garlic. Cook for about a minute, until it

has softened, then add the dried tomatoes with their juices, the tomato sauce, about 1/2 tsp of the salt, 1/4 tsp of the pepper, the ginger, cinnamon, cumin and crushed red pepper flakes.

**Increase heat.** Increase the heat to medium-high. Once the mixture comes to a boil, reduce the heat to medium-low and cook for about 10 minutes, stirring occasionally to form a slightly thickened sauce.

**Place kale.** Arrange the kale evenly in the baking dish.

**Season fish.** Season the fish fillets with the remaining 1/4 tsp each of salt and pepper, and place on top of the kale.

**Sauce.** Pour the sauce over the salmon, and the kale that is not covered by the fish. Cover tightly with aluminum foil.

**Bake.** Bake for about 10 minutes, until the fish is nearly cooked through and the kale has wilted. Uncover and bake for 10 minutes.

**Serve.** Place a fillet on each plate, spoon about 1 cup of sauce and about one-quarter of the kale alongside. Serve right away.

—Drew Kasper, The Washington Post

# OUTSIDE THE LINES

## # Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please lots of all ages.

Children can colour this page, have a picture taken with the finished product and email it to: [steph@leaderpost.com](mailto:steph@leaderpost.com). One winner will be chosen each week.

Please send **high-resolution pictures** & include the child's name and contact information.



Last week's OC colouring contest winner was Kyle Hunt. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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# SHARP EATS

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## #LOCAL FOOD SCENE

# Regina Food Bank redistributes to all of Sask.

By Jean Sharp

Thanks to the Regina Food Bank, more produce from the Global Transportation Hub is given to people all over the province.

The GTH, an indoor port authority opened in 2007 and is home to several major grocery retailers' warehouses and distribution centres.

The retailers there, such as Lo Super, Sobeys Food Services, Sherwood Co-op, Canada Safeway and Sobeys often have surplus product. A partnership with the Regina Food Bank means the extras don't end up in the landfills.

It's been a positive thing for Steve Compton, the food bank's CEO.

Getting the produce earlier in its life cycle means fresher food for clients in Regina, along with the 30 other food banks in the province.

"The quality of these donations is much, much higher. It's a really nice benefit for us that we're able to provide a lot fresher, higher quality product to the people that come in for support," he says.

The other benefit has been the large amount of non-food products, such as health and beauty items, supplies and household items. Muscular dystrophy doesn't always come with a pension or pension, donations contribute to retailers donating non-food items.

Clients have noticed, too. Compton hears a lot about the amount of fresh produce and the improvement in quality.

"We're very fortunate. These donations are key for us because it allows us to give better for you items in higher quality instead of things that may be purchased or processed. It's nice to see that re-investment in the community."

The food bank recently expanded their product collection program. The program supports over 300 agencies in Regina (women's shelter, community schools, daycares



Regina Food Bank CEO Steve Compton is the warehouse with hundreds of crates of produce and fruit. QC PHOTO BY THOM RUTHER

(feeding program) and the network of provincial food banks.

"We're interesting things before they become lost or end up in the waste stream and we're also repurposing them to individuals and agencies that use us in their programs."

Compton's goal is to make these agencies provide support in areas the food bank can't reach. People who use the food bank often aren't struggling in just one area of life: housing, employment and social isolation all play a role.

"We use the phrase 'we're more than the sum of the three' sometimes. There's other challenges they may be facing."

The Regina Food Bank has served as a central donation spot in the

province for several years. Provincial donors, like Maple Leaf Foods in Saskatoon, make large donations from time to time. It's logistically easier to donate to one location. There's ample storage in Regina's large warehouse, which was donated in 2007. The facility also distributes goods that come in from national donors.

A growing economy means many in Regina and Saskatoon are facing challenges finding affordable, available housing. The cost of living has increased, and for many, we go on insufficient for money to make ends meet.

On an average month, the Regina Food Bank has 10,000 requests for service. In Saskatoon, the food bank provides emergency food to

32,000 people. In Regina, that number represents a 98 per cent increase over where the service was in 2005, a number that Compton says is "too high."

"The individuals that come here might surprise you," says Compton. A recent intake study found that 99 per cent were in rental housing. There's also been an increase in single parent families and new Canadians.

"There's a lot of people coming through Saskatoon for new opportunities and sometimes in that adjustment, there's some supports that need to be offered."

A housing economy doesn't always translate into income.

"We'll talk to people that have

had some disruption in their personal life, their home, sudden loss of income or loss of employment and find themselves needing some support in transition as well."

Compton invites people to come down to the food bank. Apart from the food distribution, there's a lot of program offered, like job training, educational and technical skills training.

"If you can take the time to come in and check out your community food bank, I think you're going to find there's a lot of things going towards diminishing the charitable price than people would normally expect."

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